

# Reflect

Methodist spirituality

REFLECT OPEN MEETING 2017

A COVENTRY PILGRIMAGE

About 60 Reflect members and guests gathered at Coventry Central Hall for the Open Meeting and Annual General meeting.

In the morning, Jill Baker, Vice-President of the Methodist Conference, spoke about her personal experience of leading pilgrimages, and moved on to speaking about the fourfold spiritual nature of pilgrimage, comprising departure, the pilgrim path, the sacred centre, and returning transformed. Ruth Sprague, textile artist, then spoke about her pilgrimage to Lindisfarne, and introduced the meeting to the meditations and fabric weavings which it inspired.

In the afternoon, members of the meeting were invited to participate in a choice of activities: a walking pilgrimage around various memorable sites in the city of Coventry, an indoor labyrinth or guided meditations based on Ruth's art work.

The meeting reassembled for a time of feedback and reflection followed by closing prayers led by Jill.

A successful and very inspiring day then concluded with the Reflect Annual General Meeting.

Gill Dascombe  
Chair of Reflect (Methodist Spirituality)

